

# BRIDGES

WEDNESDAY, JULY 3, 2014

## THE TOP THREE:

We take a look back at the top three stories in our most popular sections **P. 4**

## MUSIC:

The best summer jams courtesy of Saskies in the know **P. 25**

## ON THE SCENE:

At the S&BC SYXE Silver Spades Entrepreneurship Awards Gala **P. 28**

A STARPHOENIX COMMUNITY NEWSPAPER

## HAPPY BIRTHDAY

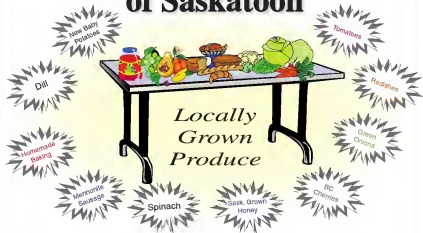
AT THREE,  
WE STILL TAKE  
THE CAKE



Aerin Sharp and  
Mickaela Berg

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Purveyor Jack Julie David has demonstrated the first ever four years with the Saskatoon Warriors of the Western Women's Canadian Football League. BRIDGES PHOTO BY MICHELLE REIC

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## # THE TOP THREE PG. 4



In celebration of our third birthday, we take a look back at the top three in past On the Cover features. Spaces stories and Sharp Edges columns. BRIDGES PHOTO BY ANDREW SPARKS

### CAKES BY JEN CREATED BRIDGES' BIRTHDAY CAKE BRIDGES COVER PHOTO BY GORD WALDNER

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# BRIDGES BIRTHDAY

# ON THE COVER: A RETROSPECTIVE

## We look back at the top three covers

The focal point of *Bridges* each week is the cover feature. Saskatoon is overflowing with people worthy of being featured on our cover. There are people that are shaping the city with their actions and forward thinking to make it a better place. Some are fighting personal battles with illness, while others stand in their chosen field by spotlighting these people we hope to bring joy and awareness to your day. Read on for our top three cover features since we started this venture in 2011.

ISSUE: SEPT. 16, 2011

By Charles Hamilton

Ryan Leier just got back from a month-long European tour with the world's biggest rock band. He wasn't doing backup vocals though. He was teaching yoga in Arcade Fire.

"I taught them all yoga. We actually do it every second day," he said in an interview via Skype from Manchester, UK.

If there is such a thing as a rock star in the world of yoga, Leier might just be it. He's Saskatoon's most recognizable yoga teacher. He's only been practicing the ancient art for the past seven years. But at that time, he's managed to open two studios — one in Saskatoon and one in Vancouver. And these days, he is travelling the country and the world learning, and spreading his knowledge and love of yoga.

After he graduated high school, he played professional basketball in Iceland for two years. While there, yoga helped him while nursing a shoulder injury. But the more he practiced it, the more he came to understand that yoga can do more than simply heat his body. It began to feel like meditation where he became completely connected with the practice.

"I was in a pretty rough mood space those days with anxiety and depression and stuff like that. And yoga just gave me freedom from that. It let me go back to my body to do it. I



## HOT YOGI

HOW RYAN LEIER OF SASKATOON BECAME ARCADE FIRE'S GO-TO GURU P. 8

know," said Leier.

Rikki Madeston, Leier's yoga mate and instructor and there are few teachers like Leier who genuinely live and breathe the practice and remain grounded in the teachings rather than the hype.

"There are some teachers that are in the yoga business. They are really trying to promote themselves. I think Ryan is in that same mode where he is doing what he's doing not out of self-promotion but just being available when the studios aren't, and Madeston.

Leier is steadfast in his belief that

yoga can change your life — it can bring people together in a way that almost nothing else can.

Maybe art or music is like that, but you don't see many giphy

things that can do that."

In 2013, this cover shot received an award of excellence in portrait photography in the 3rd annual Best of Saskatoon competition, held by the Society of News Design.

# BRIDGES BIRTHDAY

ISSUE: JUL 26, 2012

By Charles Hamilton

One bright January morning, Fred Christiana was awake up in his own bed, knowing he would feel, when that night in the corridors of the Saskatoon Correctional Centre.

The evening before his sentencing, he had a tattoo awarded on the side of his right forearm that read: "God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference."

The tattoo is a permanent recognition: a symbol of his life as a Saskatoon gangster. Still, he also marched on his forearm — the memory of his new-found brotherhood.

Christiana passed his first year when he was 14 years old. Six months later he was doing his first stint in prison.

"You can be a good gangster, you can be good at visiting people, you can be good at making people, no matter what you want to do you can be good at it," he tells a group of friends in the break, many of them looking at him with a mix of respect and admiration. "But if you are going to gang bang you are going to jail, it's not a matter of if, it's a matter of when."

Like many other young men in Saskatoon, Christiana was left going into prison with the help of a 15-year-old Guelph prison, Father Andre Pelletier. Still, he is a grassroots, non-profit group dedicated to helping young men and women break free of gangs and the addiction that often keeps them bound to their destinies, criminal lifestyle.

On the morning of his court date, Father Andre is there waiting with him.

Inside the courtroom, Andre issues a strong defense of the young man he hopes will one day find his way home.

"I have a lot of respect for him," said Andre. But his plea is not enough. Andre's eyes water as Christiana's sentence is pronounced. Because of his criminal record, he gets five years for his role in a home invasion in September 2010.

"I didn't change my life for this court date," Christiana tells the court. "I changed it for myself."

He leaves the courtroom in one body, but for a hard life in federal penitentiary in Prince Albert. He will spend at least a day in lock-down. But the future on his own will serve as a constant reminder of two things. The rain he was the day he went in. And the man he hopes to be once he is released.



ISSUE: MAY 16, 2013

By Jenn Sharp

Carol Kong's smile is contagious. But it hides a world of pain.

Her photo of him dancing with Amy Beckstrom at the Pink Wig Gala in April was one of the most popular pictures we've ever posted on line. The look of pure joy as he has five people on line. They wanted to know more about him. Carol and Tracy took a break from their military work from a backpacking trip in Europe in 2010. The two fell in love and moved in together a few months later.

In November 2011, Tracy was diagnosed with stage four solid cell cervical cancer: a rare and aggressive form. It had already spread throughout her body. She was to die had been seeking medical advice for a year prior, but her concerns were frequently pushed aside by her doctor.

After four months of intense chemotherapy and radiation, Tracy was told it was not working. She had six months to live.

"We didn't want to believe that," said Carol. "We wanted to seek some alternative treatment, but we needed money to be able to do that."

Her family and friends sprang to action and organized a birthday fundraiser on March 15, 2012. They raised \$20,000 and launched the Pink

Wig Foundation.

After exploring alternative treatment options (and not feeling confident about any of them), the two decided to instead fulfill a longtime wish of Tracy's to visit Mexico, where her family also spent time.

Before the trip, Tracy was sick, vomiting every day and unable to leave her bed. A few days after arriving in Maui, her health improved considerably. Carol is thankful for the memory of long walks and watching her enjoy the taste of fresh food.

"I changed everything. It gave her some hope, a chance to be happy one more time."

Tracy died a few weeks after returning home, on Mother's Day, May 10, 2013, with her mother and father by her side. Her final wish was that the Pink Wig Foundation continue. She wanted to help others battling cancer.

One event, are held annually and a recipient is chosen to receive funding from the funds. Amy Beckstrom was the first to receive \$10,000 from the Pink Wig.

"I would never have been able to live if I had to pay for everything," Amy said of treatments she required in Toronto.

We want to give people who are struggling through cancer a smile. They're not forgotten. There are other people that have gone through it, too," said Carol.

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# BRIDGES BIRTHDAY

## #SPACES: A RETROSPECTIVE

### The top three

Bridges has had the opportunity to visit some pretty gorgeous public spaces we began in 2011. And while other sections have come and went, the behind-the-scenes Spaces continue a reader favorite. That's great news for us because we love discovering Spokane's most creative and beautiful hidden gems. Please pass along your recommendations for a future Spaces feature: [bridges@thestyspaces.com](mailto:bridges@thestyspaces.com)

And now, for your viewing pleasure, are the top three Spaces from our last three posts.



BRIDGES PHOTOS BY ANDREW SPEARIN

#### ISSUE: DEC. 8, 2011

**WHO?** Neil Bergen, station manager at CTR Spokane's community radio station.

**WHAT?** CTR's headquarters in the historic Melrose Building at 267 3rd Ave. S. Natural light fills the space through the large windows, all of which are trimmed in oak. At 3,500 square feet, the space is more than big enough for CTR's 20,000 strong CD library.



**WHY?** The Melrose Building opened in 1903. The first occupants were five real estate agents, a broker, doctor and 11 private tenants. The building became vacant in 2004 for several years until CTR moved into the third floor. Sandra Foucault also occupied the ground floor (Jennifer Kitchin and Ila has since taken over that space).

"Our motto at the time was from the out-house to the penthouse," said Bergen. "Because where we were in (the) basement (the old studio) was fit for dirty and stinky. And we'd been there for 10 years, so to get this place was amazing."



BRIDGES PHOTOS BY ANDREW SPEARIN

#### ISSUE: JULY 26, 2012

**WHO?** Joe, Jen, Deben and the Kingston-Hastings. **WHAT?** A Dr. Seuss-themed bedroom Joe designed for three-year-old Deben. Even the coolest kid's bedroom Bridges has seen yet is a complete with a reading nook, acrobatic sleeping area, storage bins, closet and even a light switch close to his bed.

**WHY?** "Children constantly have to fit into an adult world," said Joe. "It's his space so why shouldn't it adjust to him to fit into a kid's world?"

The idea was inspired after a shopping trip to Ikea. The furniture they found fit a Dr. Seuss theme so Joe ran with the idea. Joe and Jen did the work on the room during the weekends over a three-month period. A massive undertaking, said Joe, but well worth the effort.



BRIDGES PHOTOS BY MICHELLE BERD

#### ISSUE: MAY 15, 2013

**WHO?** Anthony DeLuca, local mystery writer and avid art collector. **WHAT?** DeLuca's home filled with over 400 works of art from around the world, including many local pieces, mirrors his love for writing and travel. Every piece tells a story in thematic rooms throughout the art gallery/water home.

**WHY?** DeLuca DeLuca was a writer, he was an accountant who needed a creative outlet — art was

that for him. "How [artists can] evoke emotions and all these wonderful feelings — peaceful, can you or dark — when you look at something I think it's amazing," he said.

An artist in his heart, he hosts several fundraisers at his home and used the art services as an excellent conversation starter for guests. DeLuca doesn't think he'll ever stop buying art.

"I think eventually I'll start showing personal art against the wall and I'll just go in to a location to keep each piece fresh and interesting."

# BRIDGES BIRTHDAY

# SHARP EATS: A RETROSPECTIVE

## The top three

By Jenn Sharp

When Sharp Eats began, a space on Bridges devoted to Seattle's own food trends, some thought it would be impossible to find enough information for a weekly column. On the contrary: There's actually too much to include in the spot each week. There's a shift happening on the Puget, one towards a locally sourced future of food grown by people who care and prepared by chefs who delight in creating culinary defiance.

Here's the top three examples since the column began, with a special commentary thrown in for good measure of people who really care about good food in Seattle.



A table of customers at Wood on a Pub are all on their phones during happy hour. PHOTO BY ANDREW SPRADLEY

ISSUE: SEPT. 27, 2012

### TEXTING: A MODERN ETIQUETTE CRITIQUE

I'm sure you've seen it—maybe you've done it. Two people are out for dinner together but they hardly speak a word. Why? They're texting, checking Facebook or email, playing with apps or scrolling through their Twitter feed. It's ridiculous. How you watched someone try to text while eating? Equally ridiculous.

It's even worse with kids. So many seem to be stimulated by electronics all the time. Put the gadget down and join in the conversation.

What's even more absurd than watching the couple on their phones during dinner, is watching a group of friends on their phones. I'm not sure when talking to the people at the table because cell-obsessed but from what I've seen, everyone has his or her cell sitting out. You know: just so each someone better call.



The Prairie Market Cafe's maple bacon doughnut with berry sauce and a maple cream drizzle. PHOTO BY JENNIFER SPADLEY

ISSUE: AUG. 9, 2012

### BACON SATISFACTION

People love bacon. There's an entire website devoted to the art of cooking with bacon and making your own bacon. There's an app for bacon lovers. There's even a company in Seattle that makes bacon pop, bacon lip balm, bacon personal lubricant (gross) and socks to wear with bacon air fresheners (because you can smell when you're dead).

The trend in Seattle is incorporating bacon into desserts. It may sound weird at first but remember when you first discovered that bacon dipped into your favorite syrup tasted damn good?

It's that delicious combination of sweet and salty that draws people in, and Mike McKeown owner of Prairie Harvest Cafe. He created the restaurant's best-selling dessert, handmade maple bacon doughnuts with berry sauce and a maple cream drizzle.

Bacon with as much variety as you do with it. Hopefully if it's good quality.

As for that

# BIRTHDAY



Last year Brian and his wife Helen to opened Urban Gardens — Saskatoon's first boutique vertical farming operation. Photo by Kristin L. Bell.

ISSUE: JAN. 15, 2014

## VERTICAL FARMING MAY SPROUT MICRO-GREENS FOR THE MASSES

It looks like a scene out of a science fiction movie. Rows after rows of sprouted seedlings grow in a controlled, indoor environment — enough to feed the entire city several times over.

This is reality for Brian and Roberta Bell, of Saskatoon's Urban Gardens. The couple is dabbling at the future with Saskatoon's first boutique vertical farming operation. Urban grows wholesale micro-greens, like pea, radishes, sunflowers, beets and arugula. They also have a booth at the Saskatoon Farmers' Market.

"It's super healthy — the nutritional value is higher than lettuce," said Brian. (You should have high seeds of fun and.)

Besides the healthier option, it's a better choice for the environment than lettuce, which takes more land and resources to grow. The numbers are shocking: In the tiny 500 square foot growing space, the couple can grow 3,000 pounds of food per month, or 13 tons per year. The water use is minimal and 100% is recirculated through biofilters. A high-efficiency fanbase keeps the plants happy and cools down.

"In every aspect, this was built around being environmentally friendly."

Dr. Chris Thomson cares about his patients. Help him treat patients with serious hand injuries quickly and efficiently, eliminating time spent travelling, waiting and worrying.

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# ON THE COVER

I know playing a new sport, no matter how old you are, can be scary, but just go out and try it. — Julie David

# JULIE DAVID

## Valkyries tailback runs wild in the WWCFL



Valkyries running back Julie David, who first started playing football four years ago at Griffith Stadium. She said she was terrified her first year but she has learned the game quickly. **ROBERTS PHOTO BY MICHELLE BORG**

By Don Rice

Julie David is a football player, but she didn't always know it.

She went to her first ever football practice four years ago. It was a Wednesday. By Sunday she was playing in her first tackle football game with the Saskatoon Valkyries. She now terrified the entire first year.

"I still didn't know what I was doing half the time," David said.

Since then, she's racked up more than 100 yards in every rushing yards (100) and touchdowns (24) as any other Valkyries. Almost half the Valkyries' touchdowns over the last three years have been scored by David, including many of the brightly highlighted red variety. Odds are she

is actually the all-time Western Women's Canadian Football League (WWCFL) rushing leader, but records were not kept. She is also at or near the top of the league in receiving and kick return yards. And she is a strong player on defense when called upon.

I don't know how much more to emphasize this, she is one of the most important players on the team.

If not the most important," said fourth-year Valkyries starting quarterback Cassin on Hanesquam. "In my opinion, having her there, I feel 1,000 times more comfortable when I go up to the line of scrimmage and I know that she knows where she's going."

At her first practice, David struggled to put on her equipment. She didn't know what position to play

until the general manager suggested running back.

She really didn't stick out to me that much, which seems funny to say now that we watch her," head coach Jeff Young said.

Despite all her personal successes on the field, David always redirects attention to her team. She says she doesn't feel like a star in her league.



It's such a team sport that one person can't do anything without the other people on the field.

—David



Volunteers teammates Alex Wyszchowski, Julie David and Maria Kosch celebrate a touchdown during the conference final on June 22. **SHOOTING PHOTO BY MARIELLE ROSE**

The Vikings are the most successful franchise in WVCFL, having winning the first three league championships and having only one of 36 full-time games in an eight-time Southwestern and Alberta league. They have outscored opponents 1,656-345 and have a chance for a fourth straight title this weekend, hosting the Lethbridge Stampeders at 7 p.m. at Griffin Stadium.

Plus who follow the Vikings recognize the speedy fan-base, as both David for her abilities, whether they know her by name or not.

Owner Mike Kasey, who coaches and coaches at Adam Brownson College, says the girls there will comment on "how quickly running back and have good to it."

"It's a standout player because people can't play with her," says Kasey, the all-time leading Vikings receiver. "It's faster than everybody. And if she's not faster than you, she's slower than you, and so she's best you with her route running, or with setting up her cuts."

"People who come out regularly and watch our games, they always come back to me and they say, 'Mike,

that Julie David, she's a pretty cool player."

David's most exciting touchdowns leave people with plenty to talk about after games.

Despite all the thrilling scores, one non-touchdown play stands out most vividly to David herself, because it showed her the progress she is making.

"Throughout my first couple years all my coaches and all my teammates were harping on me to run faster. I could run really high. So the very first time I actually lowered my shoulder and dropped somebody, I kept

running, and she was on the ground — that was a really good moment for me."

David was one of 16 Vikings players, 17 from Saskatchewan, to qualify for Team Canada's entry into the Women's World Championship in Finland in 2013. Canada ranked every with a silver medal and then it was named the most outstanding special teams player of the tournament with 200 yards to go with three touchdowns, including a 70-yarder.

"Her toughness, I had incredible," said Trueman, who was also the "Team Canada head coach." "She's not a big

player but she plays big. She delivers blows on people trying to tackle her. In my mind she plays 30-35 pounds bigger than she is."

"And then her work ethic — she doesn't miss a practice she does not miss a rep in practice. Her reps are full speed. She just wants to give or anything she's got every play, every time she touches the ball. If anything, we've got to put the brakes on her and get her to slow down a little and look out for herself a little bit more when she's banged up."

Continued on Page 14

She's faster than everybody. And if she's not faster than you, she's smarter than you and so she'll beat you with her route running, or with setting up her cuts — *Marci Kisevlyk*

### All-time Saskatoon Valkyries Offensive Leaders\*

	Player	Rushing			
		Att	Yds	TD	Avg
1	Julie David	208	2,358	40	10.9
2	Julia Pletsch	75	1,021	22	13.6
3	Samantha Matheson	50	593	9	11.8
4	Julene Priesen	55	557	7	10.1
5	Haley Erbach	29	213	2	7.3
6	Marci Kisevlyk	16	117	2	12.6
7	Amber Buchholz	27	129	1	4.6
8	Jaime Lemmerding	15	128	0	7.1

	Player	Receiving			
		Rec	Yds	TD	Avg
1	Marci Kisevlyk	62	956	16	15.4
2	Julie David	36	768	11	21.3
3	Alicia Whitton	7	161	1	23.0
4	Julia Pletsch	5	182	2	36.6
5	Stacey Boldt	11	130	2	11.8

	Player	Passing		Yds	Int	TD
		Att	Comp			
1	Christine Theomquist	297	160	2,522	6	41
2	Stacey Boldt	27	15	271	0	4

	Player	Touchdowns		Kick	Punt	Total
		Rush	Rec			
1	Julie David	40	16	2	1	59
2	Julia Pletsch	22	2	0	0	24
3	Marci Kisevlyk	2	16	1	0	19
4	Sam Matheson	9	2	0	0	11
5	Julene Priesen	7	1	0	0	8
6	Alicia Whitton	0	4	0	0	4
7	Amber Buchholz	1	3	0	0	4
8	Julian Allen	1	0	2	1	4

\*Stats based on modified game statistics as compiled by The StarPhoenix. Rushing, receiving and passing totals are based on 22 of 24 all-time games. Touchdown totals are based on 24 of 26 games.



Valkyries' Julie David dodges Alesha Ripstein of the Manitoba Firebirds while running with the ball during the quarter action at Grodner's Stadium on June 18, 2004. IMAGES PHOTO BY MICHELLE KIRBY

And then her work ethic — she doesn't miss a practice, she does not miss a rep in practice. Her reps are full speed. She just wants to give everything she's got every play, every time she touches the ball — Jeff Yausie

Despite David's natural athletic abilities, she had everything to learn about football. The large North Burnaby High School she attended didn't have a football program for boys or girls.

As a child growing up in Burnaby she started playing sports even before she could play with a team. Her dad would take her to a park and tell her, "Okay I'm taking you — run around the track." Athletes were important to her parents.

She played her first soccer team when she was five, and continued to play the sport for many years, including being her under-16 club team to a bronze medal at the national championship. She also tried diving and trampolines, and spent a brief time in track and field, but she was always more into being fast.

David has one older brother, 20-year-old James, who tried hockey briefly when he was younger but didn't really enjoy it. She also has an older step-sister, Chae Willardson City and younger step-brother, Beau Willardson (16). None of her siblings took to sports nearly as much as David did.

Her entire family, including her mom, Linda David-Burns and step-dad, Craig Burns as well as dad Terry Lewis and step-mom Louise Willardson, moved to live in Burnaby and Port Moody B.C. David moved to Kelowna to be closer to some relatives and attend the University of Saskatchewan.

She played two years for the Shuswap women's soccer squad, but her time there was not what she had hoped for. Fortunately for her, the opportunity to play football for the Vikings came along.

During that first year the Vikings employed a different style to their future back — John Fretsch. She led the league in rushing and touchdowns while David played a lot of defensive back, learning the game. She got more opportunities to carry the ball through the season as she learned from Fretsch.

The Vikings used David primarily to run energy around the red because of her speed and ability to get around corners. But with injuries making adjustments, David learned to run up the middle too. By her second year she was the "sister back" while Fretsch moved primarily to the defensive side of the ball because of injuries and personal preference. Eventually David became a triple threat as a dangerous runner and kick returner as well.

Both David's parents made trips from

B.C. last year to watch her play in different games. Her dad and step-mom came out to watch what turned into a thrilling 46-45 win over Regina.

"That was really exciting that my dad came out too," said David. "That was the first time he'd seen me play. I mentioned them both to come out. All of my dad's family is here — my aunts and uncles and my grandpa — so they all came out to that one."

And then her mom and step-dad were there to see David win last year's championship game.

"The team that is on the verge of a fourth straight championship has changed dramatically. Only eight players remain from the 2011 team."

This year the Vikings featured 22 rookies on their original 46-player roster and were anticipating a rebuilding year instead, they put together the best regular season in franchise history, outscoring opponents 149-99. David has stepped up to become a leader and teacher for the younger players, a role she is well-suited for.

One of the players that has benefited most from David's mentorship has been fellow rookie starting running back Ben Matheson.

"I can go up to her and ask her any thing," said Matheson who has 11 touch downs this year. "And she'll go through it with me and not only tell me what to do, but teach me and help me so I actually know (it makes) me learn faster."

Although it is Matheson's first year playing tackle football, she has played rugby for several years. One of last year's recruits on Matheson's rugby team was David herself, who had never played before. Her eyesight up when she talks about rugby.

"I'm so mad at my parents now. They should have (taken) rugby for me!" she jokes.

Between rugby and football, David has found a lot of success and a lot of fun in recent years. She would love to see more girls try football.

"Don't be scared to join," David tells young girls. "I know playing a new sport is scary, how will you ever be scary but just go out and try it."

"These girls are my family now. They'll be my friends for the rest of my life. It's not only a wonderful experience learning this new amazing sport, but I have this whole family now."

alex@kelownastar.com



Jake David, a natural athlete, encourages girls to try football for any new sport. PHOTOS PROVIDED BY WILLY LEE FOR

She really didn't stick out to me that much, which seems funny to say now that we watch her.

— Yausie



## JULIE DAVID'S HIGHLIGHT-REEL TOUCHDOWNS:

- In a 2012 game against the Manitoba Fearless David had only five carries, but scored four touchdowns on 238 yards rushing.
- David had a 93-yard kick return touchdown in 2013 against the Regina Riot.
- She ran the opening kickoff back for a 78-yard touchdown in a game this year against Regina.
- David scored six touchdowns in one game and five in another, as well as four majors in four different games (the latest on June 15) and three touchdowns in four other games (the latest on June 22).

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## Colours of Grief & Healing

Image courtesy Jessica V. Young

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# JUNE 24, 2014 — 11:32 A.M.

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Gayle Lupo has been working out at the Midwayville Outdoor Strider Fitness Class along the Midwayville Trail for the last two months. They gather every Tuesday and Thursday at 10:30 a.m. to meet new moms and get a whole body workout. To register and for the starting location, call 916-370-2876 or email [SweetSmilesStrongMoms@gmail.com](mailto:SweetSmilesStrongMoms@gmail.com). Photo by Jennifer L. Rose.

# Watrous / Manitou Beach



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# Watrous-Manitou Beach

## Watrous-Manitou's economy continues to grow

### For L.P. Specialty Products

Watrous-Manitou Beach has always been a popular tourist destination home to one of the most borderless of water in North America, the area has been the perfect place for visitors to book a hotel room or campsite. But lately, Watrous-Manitou has seen growth in all sectors of its economy.

"We're seeing growth in all kinds of our community right now," said Brandon Meier, community development officer with the Watrous-Manitou Working Group. "And with this popularity of the area, we're seeing a lot of people move here, not just from Saskatoon, but from all over the prairies and western Canada coming to call Watrous-Manitou home."

The town currently has a population that sits at just under 3,000 people, and that number is expected to grow over the next few years.

This growth comes from a number of areas, all of which are strong pillars

because of the town's location between Saskatoon and Regina. "We're sort of a hub of activity, and it's not just based on one economic sector. The main four are probably agriculture, retail business and tourism — and right now we're seeing growth in all three areas," said Meier.

It's hard to say whether the businesses in Watrous owe their growth to the successful sectors of the area, or whether the sector was successful because Watrous's businesses are so diverse and close at hand. For example, the town is home to dealerships that cover a wide selection of the sector's needs. These dealerships include Watrous New Holland, a John Deere dealership and Manitou Motors, the largest rural GM dealership in Saskatchewan.

One of the local businesses doing particularly well is the Watrous Go-op, which recently underwent an expansion. "The Go-op has been a strong partner in our community for a long time," said Meier. "They

have, in the last few years, opened up a new gas station in the same parking lot as the grocery store, and now the grocery store has expanded by quite a bit."

The agriculture sector, which usually faces various challenges, is also a large factor in the town's success.

"We looked out over the last few years," captioned Meier. "We haven't seen the dramatic flooding that has been taking place in other communities in the province ... There was definitely water, but not like in other areas." This, combined with recent crop prices, has meant that the farmers in and around Watrous are doing fairly well, in turn contributing to the town's economic growth.

The town's path to success, meanwhile, has seen significant growth, making it a huge contributor to the town's economic



success. Watrous is located only 85 km away from three major pipeline nodes — the Potash-Calgary line in Alton and Langens, and Moose Lake's mine in Colony — and is about 85 km away from BHP Billiton's new Jansen project. The mine's growth not only for Watrous, but also for the entire region. This comes both from the people moving to work at the mines and people moving to temporarily work on their development.

"The continued growth in the potash sector has helped us to start working closer with other communities in the region to begin planning for growth," said Meier.

Perhaps Watrous's biggest economic driver, however, is its tourism sector. Meier

Continued on Page 35

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# Watrous/Manitou Beach

## 2014 summer events calendar

**July 1**  
Canada Day: all-day  
activities and fireworks  
Manitou Beach

**July 4 to 6**  
Twilight's Ball Tournay  
Watrous Sports Grounds

**July 5 and 6**  
Spirit of Manitou  
Studio Trail

**July 19**  
Knismen Beach Boogie  
Watrous Arena

**July 24**  
Brad Johnson & The Boys  
Danceland

**July 26**  
Watrous Fun Run Show  
and Show  
Main Street Watrous

**Saturdays**  
Farmers' Market  
Watrous Civic Centre

**Sundays**  
Flea Market  
Manitou Beach Sports  
Grounds

**Friday and Saturday nights**  
Dances  
Danceland

**Tuesdays**  
Tonkie Tuesdays  
Danceland

For more information  
on these or other events  
going on in Watrous and  
Manitou Beach, visit  
[www.watrousmantou.com](http://www.watrousmantou.com)  
or call 1-877-758-6665.

## Watrous-Manitou's economy continues to grow

*Continued from Page 14*

explained that the area's tourism sector has always been successful. Watrous is hoping to push this success even further through developments at Manitou Beach and, with Tourism Saskatchewan, through a new community tourism plan and re-focused branding efforts and how the town can continue to grow its tourism sector.

"Generation after generation of people have been coming here. Traveling in the winters ... so we're looking at the next phase of this new seed money."

The area has received some provincial and national recognition as of late. It was named a Top 10 Canadian Beach by Reader's Digest, and Manitou Beach Hotel and Mineral Spa was named a finalist for Canadian Tourism Business of the Year. The Manitou & District Regional Park Campground is also one of the most popular in Saskatchewan.

With each of its four main economic pillars expected to continue to be successful, Watrous-Manitou is expecting its population and economy only to grow. And this expectation doesn't seem to be off track.

For more information about Watrous and Manitou Beach, make sure to visit [www.watrousmantou.com](http://www.watrousmantou.com).

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# Watrous/Manitou Beach

## Spend some time at Manitou and District Regional Summer Park this summer

Manitou Beach and Watrous have long been welcome destinations for thousands of visitors each summer. With the lure of the shallow lake and the natural beauty of the area, along with numerous tourist attractions for all ages, it continues to attract a large following of vacationers.

One of the places where many travellers like to plan their tents or park their RVs is the Manitou and District Regional Park. The park contains 222 acres, which vary from full service, 35-acre, water and sewer sites, to those with no power. There are also seasonal sites.

The season officially opened on May 1, and will continue to remain open until Thanksgiving weekend in October. According to park staff, over the course of the season, they will host travellers from all over Canada, the United States and even Europe.

Visitors say that it is one of the most

campgrounds in the country, and that the staff goes out of its way to make everyone feel welcome.

The main attraction for visitors to the area is the unique shallow lake at Manitou Beach, which is filled with minerals that are said to have natural healing properties. There is also a bath, men's hole, grass golf course across the road from the campground, and a lively system of walking trails.

The campground is only six kilometres north of Watrous, and several other popular tourist areas are located nearby, including the Manitou Springs Resort and Mineral Spa, which contains a saltwater pool and a host of spa treatments.

Many people visit the area to go to Denard's, a 1968 road side diner, which has a southern home, but here under the floor Denard's provides a popular service for campers - a shuttle from the campground to

the lake and back again.

A brief stay at Long Lake is also in the near vicinity.

The campground is a popular site for family reunions, due to its central location. Families from all across Canada find it convenient to meet at the park, and two or three reunions take place there each weekend.

Two camp latrines are available for groups to reserve. The camp latrines are free to reserve for those who are camping in the park, or \$100 for those who are not. Reservations are recommended and in advance to avoid disappointment, and can be made all year long. Visit the park's website at [www.manitouregionallpark.com](http://www.manitouregionallpark.com) for a map, rates and booking information.

## Watrous Motel offers unique amenities

### For L.P. Specialty Products

With so much to do in the Watrous and Manitou Beach area, you're going to want to find a place where you can spend the night - maybe even the weekend. There's quite a number of hotels and motels to choose from in the area, but if you're looking for something truly new, then you'll want to check out the Watrous Motel.

Opened on April 1 of this year, the Watrous Motel is located right on Highway 2, it's within walking distance of many of Watrous's sights and attractions, and only a short drive away from Little Manitou Lake and what has been called the Watrous Motel appealing on the amenities it offers its guests. "We all of the rooms come with a full kitchen. We in our home," said Tony Lubens, owner of the Watrous Motel. "Nobody else [in the area] has that."

Lubens and his business partner, Pamela Givens, are also the owners of the Burdwood Motel in Watrous. Their experience in Watrous's hospitality industry grew from a solid idea of what potential guests would like to see in the Watrous Motel.

When booking, guests have the option of choosing from rooms that are furnished with king, queen or double beds. The

rooms also come with large smart TVs, and guests are welcome to take advantage of the continental breakfast and full laundry services.

Also available in the option of the honeymoon suite, which is perfect for anyone looking for a romantic getaway. The honeymoon suite has an open lounge, a bigger area, a full kitchen, lots of cabin cabinets, a king-size bed and more decor," said Lubens.

Having a full kitchen in your room doesn't mean you have to rely on your own cooking for your meals. The Watrous Motel is currently planning to a restaurant and Lubens and his team are in the process of building a second restaurant. While it hasn't been determined what culinary focus the new restaurant will have, Lubens said he is hoping it will be ready in time to open in the fall.

"We're not sure if we're going to build a brunch or our own menu," said Lubens. "But we are planning for the restaurant to be open late for highway drivers."

The Watrous Motel hasn't been open long, but it has so far been appealing to guests. "The people who stay here really love it, and they tell us, 'You did a great job in the rooms,'" said Lubens.

### SUMMER SCHEDULE 2014

July 4 - Fri July 5 - Sat July 11 - Fri July 12 - Sat July 18 - Fri July 19 - Sat July 25 - Fri July 26 - Sat	<p>• New! After - weekly rock, coffee • Watrous - 10:00am - 5:00pm • Live Country • Heavy Traffic • Private Wedding • Blue Ashlar &amp; the Jokers Boys • 7:00 - 10:00pm - Live Country • William &amp; the Shadocks • Jason Stephens - Old Time Country &amp; Unleashed • Bruce Taylor - middle of the road music • Don Tashiro - weekly - 8:00 - country, soulful, Fun Fun Fun</p>	<p>Aug 21 - Sun Sept 5 - Fri Sept 13 - Sat Sept 18 - Fri Sept 19 - Sat Sept 27 Oct 4 Oct 11 Oct 18 Oct 25</p>	<p>• Private Wedding • The Kamps • Private Wedding • Hot Potatoes - Right Handed songs • Phoenix, Phil • A. J. Gordon Memorial Dinner, held in his honor • Private Party • Private Wedding • The Doctor • Memory Lane - sponsored by Watrous Arts Council</p>
Aug 8 - Sun Aug 7 & 8 - Sat Aug 15 - Fri Aug 16 - Sat Aug 22 - Fri Aug 23 - Sat	<p>• Private Wedding • 10:00am - 5:00pm - Live Country • Lady Beavis - Friday - 8:00pm • The Emeralds from Edmonton, Alberta • Rock &amp; Roll - 10:00pm - 11:00pm • Live Country - weekly special guest</p>	<p>Nov 7 - Fri Nov 15 Nov 1, 2015 Dec 31</p>	<p>• Canada's Prime King • Live in Saskatchewan, BC • The Doctor • To be announced • NEW YEAR'S EVE GALA</p>

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# Watrous Manitou Beach

## Arts and culture alive and well in Watrous

### By Mike Shipstead

#### For L-P Specialty Products

It arts and culture are the heart and soul of a community, then the communities of Watrous and Manitou Beach have some of the biggest hearts and kindest souls on the prairies. Since 1978, WAWC (Watrous and Area Arts Council) has brought live music and theatrical performances, as well as visual art in a variety of media, to Watrous and area, which includes a 50 km radius.

As an organization, their mission is simple: "WAWC is dedicated to providing opportunities for everyone to participate in a variety of art experiences." This includes looking for professional live performances throughout the year, creating a space for art exhibits and workshops in a variety of artistic media at the Gallery on 3rd for people of all ages to enjoy and participate in. Don't think for a moment that this is an organization run by a few people looking to explore their hobbies. Sponsors from the Town of Watrous and the Resort Village of Manitou Beach have donated money and dozens of volunteers to ensure that the arts continue to grow and prosper.

"I love the arts, but especially the performing arts. I love the fact that I don't have to draw to be the only to see a quality performance," said Lynnette Wilk, who has been president of WAWC for the last seven years. "I get to experience a variety of live musical genres right here in my home town at a very reasonable price. It's fun to go to something new because music is so much more exciting experienced live."

People can save money by purchasing an annual "Bucks for Saskatchewan" concert season of five interchangeable tickets for just \$15. Series tickets are only available until the first performance in October, and after that adult discount tickets can be purchased for

\$25, which is still a great price. Details can be found online at [www.watrous.com/0300PDF/WatrousArtsCouncil.pdf](http://www.watrous.com/0300PDF/WatrousArtsCouncil.pdf). On July 24 at 7:30 p.m., Dred John & The Johnnys will perform live at Dandelion (Manitou Beach). For the past 20 years, Dred John and his brother Gus have been bringing live music to Saskatchewan's country music scene as the Johnnys Brothers. For the last three years, Dred has freshened up his act by bringing three of his live friends along for the ride.

"We stood on the steps of the Grand Ole Opry and [Dandelion] is kind of the same thing," said Dred. "It's got so much history, and it's a great sounding venue. You can't help but think back to how much music, fun and dancing has been going on over how many years. It is a part of Saskatchewan's history. It just makes you continue to keep it going, keep doing shows and concerts."

Dred John & The Johnnys are the perfect band for a diverse crowd. Dred will perform hits like "My Brother And Me," a love song from his solo career and fun little ditty that got the crowd moving. Then his sons will follow with songs from Bruce Springsteen, Hedley, John Mayer and even Michael Jackson. "We go about 80 to 70 shows a year. It's play some classic country that the older crowds want to hear, a few of my hits, and then we mix it up with some music for the younger folk. We switch it up all the time and have a great time with it," said Dred.

Advanced tickets for Dred John & The Johnnys are \$50 for adults, \$5 for school-age children and free for kids under six. Tickets are available at Watrous Pharmacy, Watrous Attribly Credit Union and Dandelion. Door tickets are \$25 for adults, and the Dandelion buffet is available for an extra cost.



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# Watrous/Manitou Beach

## Ready, set, go to the 23rd annual Watrous-Manitou Fun Run Auto Show and Shine

If you're looking for a holiday with a difference, consider spending some time in Watrous, a quiet town just an hour and a half's drive from Regina. In addition to enjoying the hawking displays of Manitou Beach, you can take a host of activities that are planned throughout the summer.

One of the featured attractions in Watrous this summer is the 23rd annual Fun Run Auto Show and Shine, planned for July 26. Main Street Watrous is the site of the popular car show, which features antique and specialty vehicles, unique tractors, muscle cars, motorcycles, trucks, and scooters.

Initial interest in the Fun Run Auto Show and Shine began in the late 1980s, when the idea for the show was presented to an enquiry for bringing more tourists to the community. The Watrous and District Chamber of Commerce approached the Saskatchewan Council on Car Clubs to determine if an club would be interested in organizing and holding the car show.

The club agreed, and the two organizations came together to debut the first Watrous Fun Run Show and Shine in 1990.

The joint proposition worked well until 1998, when the Saskatchewan Council on Car Clubs decided that they'd last year's holiday show in Watrous — the club hosted the event since 1997, and the Watrous and District Chamber of Commerce took over running the local event.

Since then, the Fun Run Auto Show and Shine, organized by local businesses, organizations and other supporting sponsors, has become a favourite among locals and tourists alike. The auto show is the longest running annual event in the town of Watrous.

Car show participants can register for the Fun Run Auto Show and Shine up to and

including the day of the event. The first 100 entrants received a July 26 ticket to be entered in the prize registration draw, which includes a first prize of \$200 cash (cash made July 26; winner must be in attendance at the Awards Banquet) and a hospitality VIP prize package valued at \$300 (two nights accommodation, three room passes and breakfast at Manitou Springs Resort, and gift certificates from Ken's Pizzeria, Manitou Golf Course, Manitou Mini Golf and the Jubilee Drive-In). The draw date for the second package is July 22.

Registration fee is \$15 per vehicle (includes Show and Shine, cash prizes, souvenir, entry for events and prizes). Post participants can pre-register for only \$10. A cash reward has been added for the best car club performance. Last year's winners were the Saskatchewan

Majors Club and the Prince Albert Klondike Klansmen.

The day begins with a parade (limited at 5 p.m. at the Somers Group Inc. Centre on Main Street). Show and Shine registration begins at 9 a.m. with food concessions beginning at 11 a.m. The free family entertainment begins at 10 a.m. with Bopper the Clown. At 3:30 p.m., there will be a cruise down to Manitou Beach and back. For the car show participants, an awards banquet will be held at 5 p.m. at the Civic Centre.

Throughout the day, the Watrous Arts Council will be hosting "Art in the Park," a gathering of local talent.

Other great attractions throughout the day include Rising Against Drugs program videos, developed by Provincial Ministries. All programs provide schools across the western provinces to deliver

a message about the importance of remaining drug-free. They teach how to say "No," and the importance of looking at the family unit as a team. Kevin Thomas and his team from Riverdale-Watrous will be in attendance with RyanGold, the world's first and fastest bio diesel jet car. Mike says to get up close and personal, you might even hear it fired up. Don't forget your camera!

Admission for spectators is free, and there will be lots of free family activities, including Bopper the Clown, a mascot, ice-creaming, kids' drives, balloon balloons and family entertainer Tim Melcher, also known as "Professor Furry Skull."

For more information, please contact Jason Lindgren at Watrous-Manitou Motors at 306-848-0058, or visit the show's website at [www.watrousfunrun.com](http://www.watrousfunrun.com).

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This is no ordinary small town, first-in-the-pipe, deep-fried food. For John, it is about the quality and making a personal touch to the food. That's why the burgers are homemade, the steaks are always fresh — never frozen — and the gourmet pizzas are prepared to your specifications.

"People have noticed that the meals we offer are different," said John Kozianowski, owner of John's Plate. "They realize the efforts that we put into our menu. For example, we have different chicken options because we know people are eating healthier. We know the town is enjoying the food because we identify four good things about what we're doing and they tell other people, too."

The most popular lunch item has to be the steak sandwich. All at John's steaks are Canadian AAA and aged over 30 days to ensure tenderness. As well as our daily lunch menu, we offer a lunchtime feature menu which changes with the seasons. For supper, again, the steak is a favourite. However, the pizza offers are popular too due to the selection that is available and the possibility of custom orders. If it's Pizza you want, try one of our Gourmet Pizzas. Lots of toppings, great taste, but be sure to satisfy your appetite. Save lots of room for dessert! Though, John says the brownies are a very big and very busy.

## Whitman Manitou Beach

### Manitou Springs Resort and Mineral Spa receives national attention

By Miranda Kurki  
L.P. Specialty Products

The Manitou Springs Resort and Mineral Spa has been a part of Manitou Beach for more than 25 years. And as the only resort in the country to draw its waters from a lake that has been compared to the Dead Sea of Israel, it is truly one of a kind in Canada.

"We're sometimes referred to as 'the Dead Sea of Canada' simply because we have such a high concentration of minerals and salts in our pool that there's really nobody else like us in North America," said Dwight Hoyer, CEO of the Manitou Springs Resort and Mineral Spa. The resort pumps its waters in from Little Manitou Lake, a process that includes filtering and disinfecting the water. The water is naturally high in minerals and salts, and many of these salts and minerals are also in the locally made products that are used as part of the resort's spa services.

The uniqueness of the resort has not gone unnoticed. For the past two years, Manitou Springs Resort and Mineral Spa has been a finalist for the Tourism Saskatchewan Business of the Year Award. And in 2013, it was a top four finalist in the "business of the year" category in the Canadian Tourism Awards.

Receiving such recognition is gratifying for Hoyer and his team, as it solidifies the confidence they have in the work they've put into the resort. "It means all the money and time that we've been investing in the resort in the last four and a half years wasn't in vain. It's good to start to pay off," said Hoyer. "We're seeing increased occupancy in the hotel and a much higher rate of customer satisfaction. And when the tourism bodies — recognize your efforts like they have ours, it certainly is appreciated and humbling at the same time."

Hoyer explained that, while the resort's staff have always worked to make the resort a welcoming place for visitors, it was in 2010 that the biggest catalyst for change occurred. That year, the provincial health department shut the resort down due to a certain airborne buildup in some of the pool's pipes. Hoyer and his team worked



Photograph by Manitou Springs Resort and Mineral Spa

hard to fix the problem, and the resort reopened after just over two months.

The resort has seen many changes since that time. "When it comes to the renovation, everything has been done, from paint and carpet, to Bath Filter coming in and putting their bathtub products in 80 of our hotel rooms," said Hoyer.

The most recent change was June's unveiling of an outdoor patio, which is open to the public. The outdoor patio features bar and food service and overlooks the lake, making it a beautiful setting for events such as conventions and weddings. But one of the biggest changes occurred in October 2013 when the resort took over management of its on-site dining room, which had previously been leased out to a third party.

"Unfortunately, the service and the food [in the dining room] just weren't where we needed it to be, so we made the decision to take it over ourselves," said Hoyer. "We've recently hired an executive chef that has extensive five-star experience throughout the world. — We're very happy to have him, and the food and the service have really increased tremendously since we've taken it over."

Throughout all of the changes, Hoyer said, the Manitou Springs Resort and Spa's staff has maintained — and even heightened — the quality of their customer service. "We've really improved on our customer service and the way we look at our customers and the service that we provide to them. And, of course, none of that is possible without having good staff here."

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## MUSIC

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## #PLAYLIST

## Summer jams for a day in the sun



A day at the beach on a complete washout in Vancouver. Sunny soundtrack. (BridgesYXE photo by WEN SCHLOSSER)

By Ashley Martin

The sun on your face, the sand between your toes, the water lapping near that wavy... there's nothing like a day at the beach.

The experience of a sunny summer day in Saskatchewan is enhanced by music that pumps you up and puts a smile on your face.

Maybe this is premature, given the weather we've been having, but here's a sunny soundtrack as determined by some of the province's big just music fans. (If it keeps raining, you can use this music to boost your mood regardless.)

■ **Sandie Butler** — *Reggae Folk Festival* (radio director)  
**Tracks:** Heart Attack Feeling  
**Artist:** Soulful

(That) is such a rocking song — it has everything — a mix of cultural history, reggae, soul, great beats and it does not take itself too seriously either. It reminds me of driving through the southern Saskatchewan area made on the way to the festival with my son Nico — literally on a road trip back from Elbow after we left the candy shop and a quick dip at Tutu's Bay on the way back — windows open, music blaring, both of us singing our heads off. Top

great pirate pop R&B summer workout for sure.

■ **Justin Sheppard** — *The Bananas, Pile of Bones Blues Band*  
**Tracks:** Heavy  
**Artist:** Pharell

Feeling bad, wives of my kind is basically impossible after listening to that song. It puts me into the perfect summer mood to enjoy life and the sun!

**Honourable mention:** Good Times — Chic  
It isn't necessarily a "summer" song but it's one of the best feel-good disco hits ever.

■ **Vol Hella**  
**Tracks:** Compromiser  
**Artist:** White Misch Music

It was on my "Summer of 2006" mix when I was 16 years old, and I really had a car, and drove my friends and I around out of Echo Lake/West Ok/Appleton listening to the stereo. It makes me think of all the huge real moments of being 16 and having a few days of freedom out at my grand parents' cottage, away from our parents and getting into lots of trouble! To this day I don't know what the song is about, but the words throughout are pictures of picture lakes, summer moonlight and travelling freedom.

■ **Tyron Cochran** — *JackMusic*  
**Tracks:** Producer's Beach  
**Artist:** The Harmons

When the clouds break and summer makes its triumphant appearance, the lyrics that always come into my head are, "The sun is out and I want some!" It's also an energetic, fast-paced song with a little twang, guitar, riffs and fast-paced drums that perfectly portray the energy and happiness that comes along with a beautiful day of sun alone.

Continued on Page 26

# MUSIC

**■ Camille Przeworski — Regras Symphony Orchestra Violent**  
**Tracks:** Sunday Morning  
**Artist's bio**

The joy in this song is inescapable: with its hopeful lyrics, slap-dance and happy bell-like tones. And let's not forget the strings, of course. No body can resist it when it's played. This tune reminds me of three fun occasions: 1. at a hot summer band playing in a hot, smoky club (The District in Regras — may it rest in peace), playing beach volleyball at a young adults camp at East Mountain Lake; and hearing it on play at splits at the Regras Park Festival. Everybody now: "Let's go!"

**■ Gossily — 299 week-day indie best**  
**Tracks:** Summer Girls  
**Artist's bio**  
 The most ridiculous lyrics but SO fun to sing along to. Gossily had a good time.  
**How can it be so good?** — Iggy Azalea  
 B. Cheryl NGA, Gossily Be — Clean Gossily ft. Jesse Gossily

**■ Calton Crawford — The Dead South**  
**Tracks:** Rock Lobster  
**Artist's bio**

I'm a big fan of the wonderfully bizarre lyrics. The smoky surf-rock vibes and the surreal, over-the-top vocals make this song a favorite of mine regardless of the season.

**■ Amanda Rowland — Library Violent**  
**Tracks:** Holes  
**Artist's bio**

It's the energy behind the song — the words have life, the vocals and quirky instrumentation. The lyrics aren't your typical summer banger about sunshine and lobsters, but the song is delivered with a tangible intensity and movement that push me outside to look in the heat.

**■ Dustin Butler — The Dustin Butler Band**  
**Tracks:** In the Summertime  
**Artist's bio**

(This) is my jam for the best "getting in" quote on the beach song of all time.  
**How can it be so good?** — Tom Petty

I'm pretty sure it is a traffic violation to listen to it without having your windows cracked down and the volume turned up.  
**How can it be so good?** — Dr. Jekyll

It is pretty easy to imagine all sorts of summer party scenarios going on while this song is playing.

**■ Amy Heinen**  
**Tracks:** Long Hot Summer



Getting ready for water in the sun? Don't forget the usual summer dog photo by TONY OUTER

**Artist's bio**  
 Every time I hear it, I want to get in my car, roll down the windows and drive to the beach. I can't find it. I am so excited that he will be back at Ocean this summer!

**■ Melanie Hackenrich — Belle Plaine**  
**Tracks:** I Don't Feel Like Summer  
**Artist's bio**

Love sounds and all. Somehow it reminds me of my Ma listening to ABBA's greatest hits in our truck in the summer, and hanging with my lady pals. And how can you not dance to that song?

**■ Curtis "Uddle" Adams**  
**Tracks:** Not A Bad Thing  
**Artist's bio**

It just makes you want to roll the windows down and cheer as your car's hot hand to rock.

one particular song, but I am definitely loving that one lately.

**■ Andrew Rodell — Binder Twine and the Balers**

**Tracks:** Selling Shoes  
**Artist's bio**

Growing up this band actually played one step in my car all summer. The acoustic got stuck in the player and would have required major surgery to remove it, but I love the recording by one of my favorite bands.

**■ Jeff "Goosebump" Corbett — GUTW media**  
**Tracks:** Sunny Days  
**Artist's bio**

I am not a summer person. However, Sunny Days from LightHouse always cheers me up.

especially when it's 90 below. Skip Prokav leader of LightHouse, wrote this after a near death experience so it reminds me to find a little sunshine in every day.

**■ Iven Anderson — Kevlar & Glee**  
**Tracks:** Aquatic

**Artist's bio**  
 For me, a good summer song in ALL about sunshine. Every time I play this song, I think of a summer night, really early in the morning. It's a "coming down" song — may be you partied a bit too hard, but you've got that good feeling running through your skin, like a tingling — and the cool air of the summer night just gives you a natural high. That's what this track takes me back to.

[anderson@anderson.com](mailto:anderson@anderson.com)  
[twitter.com/andersonj](http://twitter.com/andersonj)

## #CROSSWORD

## NEW YORK TIMES Edited by Will Shortz

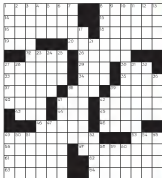
## ACROSS

- 1 British beer with a red triangle logo  
 4 Once-daily in a first?  
 16 Book series  
 18 Permanent genus  
 20 Tougher horse used by order 1 Across, only  
 21 "Dad" anecdote  
 19 "You should know better!"  
 22 Scale-busting  
 23 Up to the task  
 24 Break in the back  
 25 "You're kidding!"  
 27 Man who sang "I's My Party" 1962  
 28 Reason for a mail sack  
 34 Bottle a monkey and  
 35 "Sensational" pull-out  
 36 Singer Sheryl and  
 37 In my part  
 38 Doctor's contraction  
 39 Some advanced steps  
 40 Progress song opener  
 41 He changed horses  
 42 ... good deed  
 43 "The Beatles' 1970s 'You Haven't' ..."

- 44 The bulldog, ask  
 45 Yoda, yuck, yuck  
 46 ... rhyme  
 48 "I'm" with semantic  
 49 Actor Heiland  
 48 Quite cunning  
 50 Cabbie, e.g.  
 51 "Helter skelter, then!"  
 52 Place to enjoy life  
 53 The golden rule  
 54 Bookends Center  
 55 "I'm a ..."  
 56 "I'm a ..."  
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## 4 Stop on the tracks

## 4 Actor Heiland

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## 50 Cabbie, e.g.

## 51 "Helter skelter, then!"

## 52 Place to enjoy life

## 53 The golden rule

## 54 Bookends Center

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# JANRIC  
CLASSIC  
SUDOKU

## Level: Bronze

Fill in the blank cells  
 using numbers 1 to 9.  
 Each number can only  
 appear once in each  
 row, column and 3x3  
 block. Use logic and  
 process of elimination  
 to solve the puzzle.

The difficulty level  
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Solution to the  
 crossword puzzle and  
 the Sudoku can be  
 found on Page 49

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— Rose



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# ON THE SCENE

## #SKSC SYRPE SILVER SPADES ENTREPRENEURSHIP AWARDS GALA

On June 25 the SKSC SYRPE Silver Spades gala honoured the best in Saskatchewan's business community at a ceremony at the Sheraton Cavalier.

Hosted by the Saskatchewan Young Professionals and Entrepreneurs (SYRPE) winners of the Saskatchewan Business Challenge (SBC) and the Young Professional of the Year were announced along with a number of other award winners.

SKSC seeks to increase the number of prosperous businesses in Saskatchewan by helping build the next generation of business leaders. The six-month program is designed to teach aspiring entrepreneurs through business bootcamps, mentorships, coaching, networking opportunities, along with business model design and pitching workshops.

SYRPE is a group of young people working together to promote business and opportunity in Saskatchewan to retain youth, a most valuable resource, through a variety of networking and learning events.

BRIDGES PHOTOS BY MICHELLE BERG





# GARDENING

# GARDENING IN SASKATCHEWAN

## Common perennials' diversity might surprise you

By Lyndon Penner

Gardeners evolve over time. If you think about your gardening journey I bet the plants you are growing now aren't the ones with which you started.

Many of us began with a pretty basic selection of perennials like lilies, peonies and tiger lilies. The lilies grow easily and are rewarding enough as we keep growing. As our garden over the years, eventually we reach a point where we don't have space for that clump of three orange flowers at the edge of the tiger lily.

Like any relationship, the honeymoon comes to an end. On occasion we realize we aren't right for each other anymore and move on. We use other perennials. We part amicably, going our separate ways.

This is a natural part of the gardening experience, we keep growing every thing that suits our way and perhaps we focus on one particular thing. Some of us become woodland gardeners, others focus on growing plants for scent, and still others become seed collectors who have to acquire every kind of flower (annual or perennial) they can get their hands on.

The problem with this natural progression is that so many never fully abandon these plants. Petunias are a good example of this.

"Oh, petunias, no. I don't care for petunias!" a client will say to me disbelievably.

This often comes from the mouth of a person who only knows one golden calyx and has only ever seen them around fast food restaurants and on desktops.

"Did you know they come in white, apricot, pink, soft orange and some very nice pale yellows?" I ask.

"Did you know some grow as penstemon and not all of them are shrubs?" There is even a species that is ever green."

Often they are completely unaware, knowing only as a desktop and actually reading greens because they thought they knew them.

There are a lot of groups of perennials that need to be revisited. "Thank you and so are you for perennials!" There are now some very nice dwarf ferns available. Ever dream of growing violas? There is at least one species that has done moderately well for me in zone 3. What about phlox? There are myriad members of them, and they are a surprisingly diverse and versatile genus.

Don't be too quick to disregard any of them — one needs only to search outside the mainstream.

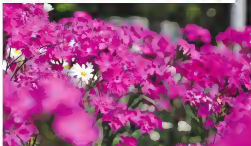
Columbine and delphinium are common enough perennials that can be found in the gardens of both new and experienced gardeners. They are so widely known and grown that it would be easy to think you know them, when in fact it might be time to revisit them once more.

What about Dianthus? This is the genus that includes all the carnations and garden dianthus. Some are great annuals and some are perennials. Some are great for the rock garden or the border. Some are fragrant while others are not; some are short and some are tall. It is an incredible group of plants with which to even be fully acquainted. It's best to be without pigment and ribbon, close gardening friends, and give a list of our perennials a second look.

Lyndon Penner, author of *The First 100 Short Season Seed* will be teaching a course about perennials you thought you knew during the U of S Hort Week July 21. Get acquainted with some old favorites and learn about some new ones. <http://uofsa.ca/hortweek> | 306-966-3556 or [hortweek@uofsa.ca](mailto:hortweek@uofsa.ca) for more information on courses and registration.

Make a gardening question? Contact GardenLine, 306-966-3885 or [gardenline@uofsa.ca](mailto:gardenline@uofsa.ca).

This column is presented courtesy of the Saskatchewan Perennial Society ([www.saskperennial.ca](http://www.saskperennial.ca)), horticulture (no copy). Click on our bulletin board or calendar for upcoming horticulture events (Saskatchewan at the Heart of the Garden tour July 13).



Pink columbine. Photo courtesy of Lyndon Penner



Yellow columbine (Aquilegia vulgaris). Photo courtesy of Lyndon Penner



Blue columbine (Aquilegia vulgaris). Photo courtesy of Lyndon Penner

# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

**\* TRACY FRIESEN**

## Make Ride the Waves your emotional guide

Ride the Waves did not come out of intention. The ms. it came out of necessity.



Tracy Friesen

Before I started writing I was in the middle of going through the hardest time in my whole life. My husband and I were separating and I was scared and uncertain in where my life was heading.

You see, I am always the one to lend a listening ear to I see, through my extensive counselling background and alternative medicine training able to help you see

the light or the good in any situation. People always tell me how good they feel about themselves and their life after sharing with me.

Going through my own adversity, I, myself, did not have anyone to talk to or to share with about what was happening in my own life and I felt isolated from the world.

It was in this uncertainty, feeling that I just started talking to the page I would write about my thoughts and give readers to the page in a way that I could share ideas with those that shared with me so that a few days later I could read what I wrote objectively. It helped me to finally see the light or the good that was going in my own life. It truly was my own personal life story.

Do you ever ponder things in your life or get frustrated? Looking from a different place can often provide you with a new outlook to something that is happening in your own life.

Ride the Waves gives you new ways to look at situations, people in your life and circumstances you are faced with so you can move forward in your life with confidence and clarity.

Ride the Waves — How to Take Control of Your Life One Moment at a Time is a collection of 985 inspirational, motivational messages meant to be read one per day based on the calendar year. Although, I have been told that some people just open my book to a random page to see what treasures they may find for those

where at that particular moment so there are no set rules to reading it.

Life is so quick and dark some days, that taking five minutes to read Ride the Waves daily may do someone as much as eye-gazers to life's beautiful moments with some pearls of wisdom and guidance from a Farthermore, because of how the book is written it makes a great gift for any occasion.

In Saskatoon you can find Ride the Waves at McNally Robinson, Crystal Cove at the Third Street Market and Flowers by Fred. Purchase online at Amazon, Chapters, Barnes and Noble, iTunes and The Book Depository.

For more information about my books and what I do, go to [www.TracyFriesen.com](http://www.TracyFriesen.com)



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# OUTSIDE THE LINES

## # Colouring contest

Each week Stephanie McKay creates a family illustration meant to please kids of all ages.

Children can colour the page, take a picture taken with the finished product and email it to [lmckay@thelocalphoenix.com](mailto:lmckay@thelocalphoenix.com). One winner will be chosen each week. Please send entries by Monday at 9 a.m.



Last week's contest winner is Faraz Qureshi. Thanks to everyone who submitted entries!

## # ASK ELLIE

## Be prepared to deal with a future husband's child

**Q.** I'm in love with a divorced man with a daughter, and I don't have a relationship with her yet. I think I should wait until we're married!

**A.** We live in different cities, but I'm working with a job recruiter so I can move to him but he not dependent.

We've spoken frequently about getting married and agreed to be in the union very first.

He's been very successful and would love me to give up my career. I've not reached my career peak and need to "retire" yet. He reluctantly understands.

Meanwhile, I can't stop thinking about the fact that he gets his ex-wife a substantial amount on support in addition to child support, which I have zero problem with.

She doesn't work, apparently hasn't tried to look for work, but she had a good career before she left the child, so she can be employed again if she wanted to.

He and I want to have children as soon as we get married. I'd probably have to keep working to maintain

## Ask Ellie



## the current lifestyle.

Supporting two families will be taxing on him. But I don't want him to have to work all the time.

I want him to spend the time with his new family. I know the feeling, but if he doesn't want to, I want to marry him, enjoy our financial success, and not have to share it with his ex-wife who chooses not to work.

Is this something that he should deal with before we get too serious? Refuse it now?

## Ruled Up

**A.** There's a lot to deal with instead of waiting. Start talking with your lawyer about what he really wants — a home-based wife or a career

interested partner. Weigh what you can handle — including close involvement with a stepdaughter. Has neither party's also been in a similar relationship?

Also talk about both your thoughts on having his daughter (whom you've accepted to stay regularly in your life, and co-parenting with her mom) on these plans.

Learn, too, what ex-wives are considered to in that jurisdiction, and details of the legal settlement to which your guy agreed.

You'd be wise to consider if you were in similar shoes to hers. She's gone up 10 years of a career to raise her child. Likely a mutual decision between them, actually.

Meanwhile, she's lost three to seven years of earning power in all the years she's only been in charge of you, to stop working, leave kids, and let his side when possible.

**Q.** Why do women not want to date single guys?

## Brief Reflections

**A.** Some women don't but many others don't worry so much about height differences. And with today's athletic builds, even average height guys have to look up to their dates.

If you're one of those short guys, walk tall with confidence. You can't change the measurement, but you can use high status for projecting an uptown, self-assured personality.

Take a page from the book of several Hollywood stars whose former height didn't threaten their careers or attractiveness to women: Chris Rock's 5-foot-7, as is Tom Cruise (5-foot-7), and Jack Black (5-foot-6). Jodie Foster and Black are 5-foot-6, Sandra Bullock and Bradley Pitt are 5-foot-6, and more.

Now ask yourself: Why do some men not date single women? They need that sense of some body to think of themselves as cool dudes.

By contrast, you should seek women who are self-reliant. Look them in the eye, and show them you care.

**Q.** My siblings and I are off one year apart, 10s, all with young children. Since my mother's passing, my older sister now thinks she's the family matriarch. She's really frustrated when anyone opposes her on family matters, going silent for weeks or months.

She denies it the siblings' respect ability to talk her or reason to us of keeping her out of the bag.

When I told her my doctor had ordered a Caucasian delivery of my half (second time) for medical reasons, she scoffed and called me crazy. Everyone breaks off her rule against and commentary, cuts it, and argues her suit to "sit her out." What do I do?

## Fed Up Sis

**A.** Try to care less, live your life. Look down on your standards heavily call when you feel like it and say, "I'm not accepting this" when she's rude. It's a personality difference and she's unlikely to change. But you can change your tone.

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 Director: Michael O'Connell  
 Music Director: Michael O'Connell  
 Music Director: Michael O'Connell

Nuts About Nature  
At Beaver Creek Conservation Area

Hi kids! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my webpage with your family and enjoy some time away from the city.



Dear Chip,

Beavers eat nuts.

Dear Chip,

Dear Chip,

Why do animals have both a common name and a scientific name?

Dear Jared,

The scientific name for myself and my other beaver friends is "Castor canadensis".

That's quite a mouthful isn't it? Scientific names are very useful for naming plants and animals. Each plant and animal in the world only has one scientific name, but may have many common names. For example, the animal *Onychomys leucogaster*, is known as a Muskrat in some parts of the world, while in North America it is known as a muskrat. By using its scientific name, people are always sure they are talking about the same animal. Sometimes, scientific names can give you a clue about what the plant or animal is like. For example, "Castor" refers to a beaver's castor gland. Castor glands are found near the base of a beaver's tail. Beavers use the oily substance which is secreted from these glands to mark out their territory. "Canadensis" refers to the fact that beavers can be found throughout Canada. My name tells you that I am a true Canadian. In fact, do you know that beavers are the national emblem of Canada?

Send your questions to me at the address below, then watch *Beavers* for the answers.

Your pal, Chip

Address: Lake Arrowhead South

1000 Hwy 101, Suite 100

1000 Hwy 101, Suite 100

1000 Hwy 101, Suite 100

1000 Hwy 101, Suite 100

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1000 Hwy 101, Suite 100



**Meewasin**



## EVENTS

What you need to know to plan your week.  
Send events to [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # MUSIC

Wed., July 2

**Outlook**  
Buckin' on Broadway,  
877 Broadway Ave.

**The Benny Wilson Funk Expedition w/ Brazilian Monkey and The Talls**  
Vangelis Tavern,  
861 Broadway Ave.

Thurs., July 3

**Undercover: Pinetex**  
Cruciers Restaurant & Lounge,  
1-227 Phoenix Dr.

**Outlook**  
Buckin' on Broadway,  
877 Broadway Ave.

**Former MiFits frontman**  
Michael Davies w/ A Rock Addict  
Civics Events Centre,  
241 Second Ave. S.

Fri., July 4

**Stuck in the '80s**  
Buckin' on Broadway,  
877 Broadway Ave.

**Lady Hawk**  
Army & Navy Club,  
359 First Ave. N.

**Kevs Barnett w/ Dave Young**  
Molokai Saloon,  
3310 Eighth St. E.

**Ha John's Rhythms Kings**  
Taffelord Senior Citizens Centre,  
153 Fairmont Ct.

**Jen Lewis, Corinne Ross, Morgan MacDonald**  
Vangelis Tavern,  
861 Broadway Ave.

**Teri Ann Stromberg**  
Star's Place,  
196-198 Ruth St. E.

Sat., July 5

**Stuck in the '80s**  
Buckin' on Broadway



(From left) shows for a number of hits from the 1970s, will be playing at Civics Events Centre on July 4. (The photo)

877 Broadway Ave.

**Lady Hawk**  
Army & Navy Club,  
359 First Ave. N.

**Leon Ocho**  
Nufans Loft,  
3021 Louisa St.

**Sei/Phi Rhythms Kings**  
Downtown Legion,  
808 Spadina Creek W.

**Marc Hink Ylio**  
Molokai Saloon,  
3310 Eighth St. E.

**Regina Barrios, Chantelle, Moonlight, Macrophilic**  
Cueinglight,  
Vangelis Tavern,  
861 Broadway Ave.

**Millen Dollar Pk, Joni Black, and Jemba**  
Rock Station,  
8345 Broadway Ave.

**Teri Ann Stromberg**  
Star's Place,  
196-198 Ruth St. E.

Sat., July 6

**Acoustic Night w/ Brian McIsaac**  
Buckin' on Broadway,  
877 Broadway Ave.

Mon., July 7

**Old Roots**  
Buckin' on Broadway,  
877 Broadway Ave.

**Pukins w/ Ben Lewis & Guk**  
O'Brien Events Centre,  
241 Second Ave. S.

Tues., July 8

**Old Roots**  
Buckin' on Broadway,  
877 Broadway Ave.

**Rezerenth**  
O'Brien Events Centre,  
241 Second Ave. S.

## # ART

**Mametal Art Gallery**  
Until Sept. 14 at 980 Spadina  
Cres. E. Summer exhibi-

**York: Conventional Beautiful**  
the Company of Emily Carr;  
Sympathetic Magic, examining  
the Canadian traditional  
from diverse perspectives. A  
visual feast works from 1933-  
63 by the Canadian Group of  
Painters. Center Lisa Goldstein  
gives a talk/ tour for the  
Carr show July 20, 1 p.m. The  
Artists by Artists Membership  
Program reflects Sean Weig-  
erbank work with his mentor,  
Marie Lemore.

**Ukrainian Museum of  
Canada**

July 2 to Oct. 5 at 510 Spadina  
Cres. E. Dmitryi Stoyak, The  
Colums of His World.

**Black Spruce Gallery**  
Until July 31 at Northside  
Artworks at Highway 2  
Abstracts: the Thing, a group  
show.

330g

July 3-19 at 330 Ave. G. S.  
Thousands of Snowflakes,  
works by Gerrit Piers and

**Maria Lemore** Opening reception  
July 3, 5 p.m. to 8 p.m.

**AKA Gallery**  
Until July 4 at 424 24th St.  
W. I laughed, I cried, I split my  
side. Works by Kyle Seal, Elna  
Eyes, Christine Negea and  
Shanel Papp.

**Gordon Sinclair Gallery**  
Until July 4 in Room 191 of the  
University of Saskatchewan's  
Museum Building: Eye Control  
and Recent Works by David  
Stanhous. Reception July 3, 8  
p.m. to 10 p.m.

**Hand Wave Gallery**  
July 4 to Aug. 14 at 409 Third  
Ave. Moxham: The Bones of  
it: ceramic sculptures by Anita  
Macnamara. Opening reception  
July 6, 2 p.m. to 5 p.m.

**Seventh Annual Spirit of  
Minihou Studio Trail**  
Until July 5, 10 a.m. to 7 p.m. and  
July 6, 12 p.m. to 6 p.m. A  
self-guided tour of 19 artists  
who make up the Spirit of

Minihou Studio Trail. Featuring  
artists and artisans from  
Minihou, Vicoourt, Wetrou,  
and Minihou Studio. With an  
array of bone jewelry, bent  
carvings, prints, acrylic and  
oil paintings, alcohol inks, tiles,  
leaves, clay, and soapstone  
sculptures, pottery, woven  
and wood furniture, concrete  
statuary, and textile creations.  
Visit [spiritofminihou.ca](http://spiritofminihou.ca)

**Void Gallery**  
Until July 5 at 1-1008 Eighth  
St. E. Newcomers by Chris  
Wilkinson, Hilary Hays, and  
Jocelyn Robley. Reception  
June 28th, 3 p.m. to 5 p.m.

**Centre East Galleries**  
Until July 5 at The Centre  
display by the Summer  
Festival in the Royal Gallery,  
art by Different Strides in the  
Aide Gallery; display by  
The Saskatchewan Norwegian  
Cultural Society in the  
Aide Gallery; display by the  
students of Father Robinson School in the  
Lewander Gallery; display by  
the Saskatoon Public School in  
the Magenta and Indigo  
Galleries.

**The Gallery at Princess Mar-  
tion Central Library**  
Until July 6 at Princess Mar-  
tion Library: Dead Book Shows  
by Kevin Kuznetsov. Showings  
of images represented in Wins  
Furman's novel Dead Book Shows.

**SCVP Gallery**  
Until July 11 at 263 Third  
St. S. The Journey - Joe Justice  
Class. A Grade eight environ-  
mental and social justice  
project comprised of 26 stu-  
dents from across Saskatchewan.

**Artify Gallery**  
Until July 12 at 853 Broadway  
Ave. Art of the Book: A juried  
exhibition by the Canadian  
Bookbinders and Book Artists  
Guild for their 30th anniver-  
sary.

# EVENTS

## Tire Gallery

Until July 13 at Wentworth Mill.  
Landscapes by David Munnag.  
Photographs by Alex Semeroff.  
Sewer Prints, David Siskow and Joe Semeroff.  
Paintings by Lesley Keegan.

## Jasper Centre Gallery

Until July 16 in Maple Creek.  
A show and display of artwork  
by Jeta Susan Johnson artist  
Anthea Edmore.

## St. Thomas Maria Gallery

Until July 26 at 1437 College.  
Dr. Sharon Gossick: Skins and  
Reflections. Photography  
by Sharon Gossick.

## Wild in the City

Until July 20 at Unruh City  
Comics & Toys, 129 Saddle  
Ave. N. Susan Whitte: Hy-  
brids & Mythological Beasts.  
A group art exhibition by 30  
Saskatoon artists.

## Handmade House Show-

case  
Until July 26 at 710 Broadway  
Ave. Heart to Hand: Featur-  
ing new works by Saskatoon  
fine artist Monika Kimm-  
erstein.

## Prairie Star Gallery

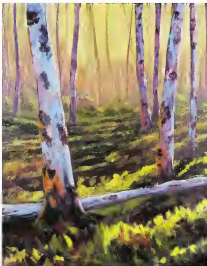
Until July 27 at 105 Eighth  
St. E. Unexpected guests,  
works by gallery artists and  
musicians.

## The Steel Gallery

Until Aug. 1 at City Park, 1st  
Seventh Ave. N. New works  
by Harry van der Meer.  
New works by Jay Simpson are  
on display until Aug. 15 at  
Collective Coffee, 220 20th  
St. W. An artist reception  
and show, with works by  
Cindy Phillips, Iris Hauser  
and Jackie Miller, runs until  
Aug. 20 at Area, 305 Second  
Ave. N. Reception June 19  
is at 10 p.m., with music  
by Alissa Armon.

## Statens Arts Centre,

Redham  
Until Aug. 30 at 701 Railway



Rich Perring gave by Greg Hargrove is on display at the Statens Arts Centre in Redham.

Ave. N. Northern, Northern  
Landscapes by Meri Whit-  
field, Cam Forrester, Greg  
Hargrove, Paul Thibault,  
Roger Trotter, Ken Van Rens.  
Opening reception July 5 at  
the opening night of the  
summer theatre production  
of Hilda's Yard.

## Meewasin Valley Centre

Gallery  
Through August at 602 Third  
Ave. S. Take a Walk with Me,  
views of Saskatoon by  
Percival Clarke. Original

watercolor based, inspired by  
walks and travels along the  
Meewasin Valley and  
Beyond.

## # FAMILY

**Stars and Stripes**  
Wednesdays, 1 p.m., at  
Centre Cinema in The Cin-  
tre. Choice of two movies  
each week. A baby-friendly  
environment with lowered  
volume, dimmed lighting, a  
swinging table and stroller  
parking in select theatres.

## LLUC Saskatoon Toddler Meeting

First Wednesday of each  
month at Augustine Church,  
1001 Broadway Ave. All inter-  
ested women are welcome.  
Call 306-655-4805 or email  
llucskatoon@gmail.com.

## Free V&B Mini Kids Games

July 3-4 at L'Esprit Cana-  
dien, 2320 Louisa Ave., and  
Aug. 6-8 at Casino Civic Cen-  
tre, 3030 Laurier Dr. For ages  
eight to 16. Hosted by Young  
Adults Saskatoon and  
L'Esprit Comm. All games,  
equal-play, skills develop-  
ment. Register at jax.ca.

## Saskatoon Zoo Summer Camps

Monday to Friday, July 2  
to Aug. 22 at the Saskatoon  
Zoo. For kids ages seven to  
16. Spend a week at the zoo  
and get to know the animals.  
Hands-on experiences,  
crafts, and games. Bag lunch  
and snacks are required.  
Monday to Thursday, with a  
campfire lunch Friday. Visit  
saskatoonzoo.ca for info.

## Huskie Sports Camps

Monday to Friday, July 2 to  
Aug. 23 at the U of S. For ages  
12-17. Wrestling, basketball,  
contact football, volleyball  
and various soccer camps.  
To register call 306-966-1001  
or visit kinesiology.usask.ca/  
community-programs.

## Canlan Hockey Camps

Various camps Monday to  
Friday, July 2 to Aug. 25. For  
kids ages seven to 13. Players  
must wear full hockey equip-  
ment. Visit locsports.com/  
juniors/hockey-camps.aspx,  
call 306-455-3005.

## Fun Factory Indoor Play-

ground  
Daily at 16330 Gordon Ave.  
A giant indoor playground  
for young children. Adults  
and children under one year  
are free. There is a separate  
recessed in area for children  
under two.

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**Pilsner Coors LIGHT**

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# EVENTS

## Children's Play Centre

Daily at Lawson Heights Mall  
A fun, safe environment for preschool children to play. Please note this is an unsupervised play area, and adults must stay with and supervise children at all times.

## Market Mall Children's Play Centre

Daily just off the food court at Market Mall. This play area is free and has different level slides. Children must wear socks in the play area.

## Breastfeeding Cafe

Thursdays, 10 a.m. to 11:30 a.m., at Wisconsin Primary Health Centre, 3331 Fairlight Dr. A drop-in support group for breastfeeding women. Sessions will be facilitated by a lactation consultant with a brief educational presentation, and time for interaction with the other mothers.

## Movies for Momzies

Thursdays, 1 p.m., at Rainbow Cinema in The Centre. An infant-friendly environment with reduced sound, change tables, stroller parking.

## Canadian Light Source (CLS) Public Tours

Thursdays, 1:30 p.m., at the Canadian Light Source, 44 Innovation Blvd. The synchrotron research facility is open for the public. Registration is required. Call 306-657-3636, email [our outreach@cls.ca](mailto:our outreach@cls.ca) or visit [lightsource.ca](http://lightsource.ca).  
[news@cls.ca](mailto:news@cls.ca) or visit [lightsource.ca](http://lightsource.ca).

## Summer Kids Day Camps

Monday to Fridays, July 7 to Aug. 24, 9 a.m. to 4:30 p.m., at Waukegan Heritage Park. For kids ages seven to 12. Exploring, creating, doing. Hands-on history and entertainment. Healthy snacks and lunches are included. To register call 306-783-6787 ext. 344 or email [cameron\\_mccoy@waukeganheritagepark.org](mailto:cameron_mccoy@waukeganheritagepark.org).



Art appreciation to 13 canaples: do-crafts and learn First Nations history and entertainment at Summer Kids Day Camps at Waukegan Heritage Park. 800-657-3636 or visit [waukeganheritagepark.org](http://waukeganheritagepark.org).

## Waukegan

### Shop-a-trail

Fridays, 9:30 a.m. to 1:30 p.m., meet in front of Customer Service at The Mall at Lawson Heights. Classes consist of power walking, body sculpting moves using exercise tubing, and a socializing for parents and babies. Pre-register at [www.southwest-lakefront.com](http://www.southwest-lakefront.com). No classes on staff holidays.

### Baby Talk at SPL

Fridays, 10:30 a.m., at Alice Turner Branch, Mondays, 10:30 a.m., at Gayle King Branch and 10:30 a.m., at Waukegan Branch. For kids ages seven to 12. Exploring, creating, doing. Hands-on history and entertainment. Healthy snacks and lunches are included. To register call 306-783-6787 ext. 344 or email [cameron\\_mccoy@waukeganheritagepark.org](mailto:cameron_mccoy@waukeganheritagepark.org).

### Movie for Momzies

Thursdays, 1 p.m., at Rainbow Cinema in The Centre. An infant-friendly environment with reduced sound, change tables, stroller parking.

### 3:30 p.m., at Wet Paint Pottery

3:30 p.m., at Wet Paint Pottery 306-310 Eighth St. E. a one-price, one-evening class designed for one parent with one child. Painting techniques, tips and ideas to register call 306-323-3279.

### Selection Army Beaver Creek Camps

Until July 14 and Mondays to Fridays, July 14 to Aug. 22 at Beaver Creek. Includes music camp, adventure camps, team camp and kids camps, teen camp and family camp. Visit [beavercreek.com/camps](http://beavercreek.com/camps).

### Kidfest at Satochi National Heritage Site

July 5, 9 a.m. to 5 p.m., at Satochi National Historic Site. Featuring a petting zoo, bounce castles, inflatable obstacle course, giant slide, wagon rides, activities, and music. Visit [go.southwest-lakefront.com](http://go.southwest-lakefront.com).

### Kids/Satochi/Heritage area.

### Coffee Time for Moms

Fridays, 10 a.m. to 12:30 p.m., at Biddell Bobbitt Bee, 7078 Central Ave. Moms enjoy a free cup of coffee while children play in the playroom.

### Sonlight on Sundays

Sundays, 2 p.m. to 4 p.m., at the Mendel Art Gallery, 950 Spadina Cres. E. Free family fun for ages four to 12, accompanied by an adult. Art-making activities led by gallery artists. Supplies are provided. July 5, Wood Play, make art with woods.

### Montezuma Yoga

Postnatal Yoga, Monday, 10 p.m. to 11 p.m., at Pregnancy and Parenting Health Centre, 346 Third Ave. S. Beginner to intermediate yoga designed to help with postpartum recovery. Baby

friendly class with a certified yoga teacher. Suitable for four weeks to two years postpartum. Register at [www.pregnancyandparenting.ca](http://www.pregnancyandparenting.ca). No class on staff holidays.

### Prenatal Yoga

Mondays, 6 p.m. to 7 p.m., at Pregnancy and Parenting Health Centre, 346 Third Ave. S. Taught by a doula and certified yoga teacher. Information and safe for any stage of pregnancy. Call 306-391-0443 or email [magnificent@prh.ca](mailto:magnificent@prh.ca). No class on staff holidays.

### Funky Art with Summer Kids Camp

July 7-11 at Funky Art with Summer Kids Camp. For kids ages five to 12. Discover elements of art, use many media types and sources, explore new techniques and application, learn art his-

tory, and keep a daily sketchbook. With a field trip to the Mendel Art Gallery. To register email [funkyartwithsummerkids@gmail.com](mailto:funkyartwithsummerkids@gmail.com).

### Craft and Story Time

Saturdays, 11 a.m., at Indigo Books, 3322 Eighth St. E. in the kids' section. Call 306-344-3477.

### Summer Music Camps for Kids

Monday to Fridays, July 7-25 at the U of S. For kids ages four to 10. Explore guitars, songs, and games and play different instruments. No register call 306-966-5529. Visit [music.uwisc.edu/musiccamp](http://music.uwisc.edu/musiccamp).

### Summer Dance Camps

Monday to Fridays, July 7-25 at the U of S. For ages four to 10. Dance camps for various age groups and skill levels. Visit [www.uwisc.edu/dance](http://www.uwisc.edu/dance).

### ANSP Summer Camps

Monday to Fridays, through Aug. 1, at Williams Studio in the U of S Williams Building. Art camps for kids ages five to 12. Weekly field day classes where kids learn techniques in drawing, painting, printmaking, mixed media, sculpture and photography. Visit [www.ansp.ca/arts/camps](http://www.ansp.ca/arts/camps) or call 306-966-5529.

### Yell! Basketball Kids Camps

July 7 to Aug. 21, 8:30 a.m. to 3 p.m., in Saskatoon. For ages seven to 12. Skills development camps, teaching rules, fundamentals and basic skills. Finishes with the North-South youth tournament. Aug. 23-25. To register call 306-742-3426 or visit [yell.ca](http://yell.ca).

### 4Kids Summer Camps

Monday to Fridays, until Aug. 25, 9 a.m. to 12 p.m., and 1 p.m. to 4 p.m., at 4Kids Saskatoon, 50-3105 Eighth St. E. Various art camps for kids ages five to 12. Visit [4kids.com](http://4kids.com).

# EVENTS

**AgLife Discover Day Camps**  
Mondays to Fridays, until Aug. 22, 9 a.m. to 4 p.m., at the U of S College of Agriculture and Forestry, 51 Campus Dr. Five-day camps, one four-day camp, campers must bring a lunch. Register at [aglifecanada.com/resources/discovery-program.php](http://aglifecanada.com/resources/discovery-program.php).

**Sci-Fi Science Summer Camps**  
Mondays to Fridays, until Aug. 22, 9 a.m. to 4 p.m., at the U of S Science Centre, 500 University Ave. Science camps, computer science camps, medical science camps and water/health science camps. Visit [sci.ca/science/summer\\_camps.php](http://sci.ca/science/summer_camps.php).

**Summer Art Camp**  
Mondays to Fridays, July 7 to Aug. 22, 9 a.m. to 4 p.m., at the Mural Art Gallery. For ages 10 to 12. Draw, paint, collage, design, build, bring, mix and play. To register call 306-975-5497 or email [tyranda@imgrowled.ca](mailto:tyranda@imgrowled.ca).

**Summer Ecology Camp for Kids**  
Mondays to Fridays, July 7-Aug. 22 at the U of S. Various five-day camps for kids ages eight to 13. Visit scientists and learn about various elements of the environment. To register call 306-944-9339.

**Living History Children's Workshops**  
Mondays to Fridays, July 7 to Aug. 22 at the U of S.

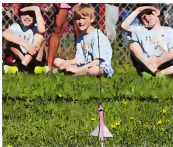
**Museum of Antiquities**  
For ages six to 12. Activities, art projects, crafts, games and workshops featuring the culture of the ancient and medieval world. Visit [www.museumofantiquities.ca/index.php](http://www.museumofantiquities.ca/index.php).

**Children's Activity Camps**  
Mondays to Fridays, July 7 to Aug. 22, 9 a.m. to 4 p.m., at the U of S. Organized by the College of Kinesiology. For ages five to 12. Various activities in full- or half-day camps are available. Visit [www.uofsa.ca/kinesiology](http://www.uofsa.ca/kinesiology). To register call 306-966-1001.

**Bibbidi Bobbidi-Do! Playroom**  
Mondays to Fridays, 10:30 a.m. to 6:00 p.m. and late night Thursdays, at Bibbidi.

**Bibbidi Bob, 11-705 Central Ave.** With a wet area, kitchen and shopping centre, puppet theatre, stage and media. To book groups, or to book for availability, call 306-384-4791 or email [bobbidi@bobbidi.net](mailto:bibbidi@bobbidi.net).

**Living History Young Pioneer Camp**  
Mondays to Fridays, until Aug. 11 a.m. to 4:30 p.m., at the Western Development Museum. Experience the work and play of the pioneers. Bake bread, make butter and ice cream, spin wool, work clothes, milk a cow, games, stories, crafts, and learn about different kinds of transportation. Pre-register by June 30. Visit [www.westerndevelopmentmuseum.com](http://www.westerndevelopmentmuseum.com).



Students in a Sci-Fi Science summer camp launch a model rocket blast off in a field on the U of S campus. PHO PHOTO BY CHRIS PROBERT

## HARD WORK HIGH REWARDS



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#### Human Resources

The StarPhoenix, a division of  
Postmedia Network Inc.  
204 5th Ave N  
Saskatoon, SK S7K 2P1  
[humanresources@thestarphoenix.com](http://humanresources@thestarphoenix.com)

# EVENTS

What you need to know to plan your week.  
Send events to [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

**Geri-Arm Gymnastics Classes**  
July 7 to Aug. 29 at 3702 Mitchell Ave. Various schedules for ages two to 16. Visit [www.gerimagistics.ca](http://www.gerimagistics.ca).

## Playgroup

**Tuesdays, 9:30 a.m. to 11:30 a.m.**, at Grace-Westminster United Church, 1640 St. Patrick's Rd. Inspired by Wicker's philosophy, programming is aimed at children ages two to five, but all ages are welcome.

## Preschool Story Time

**Tuesdays, 10:30 a.m. to 11 a.m.**, at Mt. Mary Catholic, 3700 Clapham St. E. For children ages three to five in the Circle of Trust. Call 306-952-1475.

## Puppets at the Museum & Saskatoon Story

July 8, 10:30 a.m. to 11:30 a.m., at the Mear Residence, 326 19th St. E. Presented by staff from Museum Valley Centre, a story about the early years of Saskatoon. Donations are appreciated. Information at 306-655-6862, [www.museum.ca](http://www.museum.ca).

## Nativity Years

**Tuesdays, July 8 to Aug. 26, 7:30 p.m. to 9:30 p.m.**, at Pregnancy and Parenting Health Centre, 248 Third Ave. S. A comprehensive childbirth education series, preparing parents for the birth of a child. To register visit [birthrhythms.ca](http://birthrhythms.ca).

## Mom and Baby Outdoor Stroller Fitness Classes

**Tuesdays and Thursdays until Aug. 28, 10:30 a.m.** along the Mainway Trail. Meet new moms and get a little body workout. To register and for starting location call 306-370-2038 or email [SaskatoonZumba@gmail.com](mailto:SaskatoonZumba@gmail.com). More information on Facebook.

**BOOKS & RIDES** Saskatoon



The 2nd Street Vintage and Artisan Market is now open at a new location. [www.2ndstreetmarket.com](http://www.2ndstreetmarket.com)

**Regular after-school programs, preschool classes and camps for kids of all ages at various locations in Saskatoon.** An atmosphere for students to build unique creations, play games, and have fun using LEGO bricks. Visit [bricks4kids.com](http://bricks4kids.com) or call 306-979-2345.

## Saskatoon Public Library Programs

**Offering daily programs for children and families.** Visit the calendar at [saskatoonlibrary.ca/children/1016](http://saskatoonlibrary.ca/children/1016)

## #SPECIAL EVENTS

**Let's Stop the Seagry Fast Aquatic Meeting**  
July 2, 7 p.m., at Antigonac Cen-

**tre.** An organizing meeting to learn about the Energy East pipeline and how Saskatoon can get involved in the movement to stop it. With Greenpeace and 350.org. Free to the public. Visit [350.ca/the-energy-eastline](http://350.ca/the-energy-eastline)

**Saskatoon's Summer Week of Cycling July 3-8 around Saskatoon.** A cycling festival of events and demonstrations showcasing what local clubs in the city are doing on a weekly basis. Visit [saskatoonsummerweek.ca](http://saskatoonsummerweek.ca)

**Evening Market**  
The first Thursday each month, 4:30 p.m. to 9 p.m., at the Saskatoon Farmers' Market.

**Saskatoon Yellow Jackets**

**Home Games**  
July 3, 7 p.m., at Ceira Field, 1202 Ave. P. Playing against the Westburn Braves. Visit [saskatoonyellowjackets.com](http://saskatoonyellowjackets.com)

**SIFC Dances**  
Thursdays in June, July and August, 7 p.m., for the Saskatoon International Dance Club (SIFC) dances. Learn dances from many countries around the world. No admission. Visit [sifcdances.com](http://sifcdances.com)

**Live Thoroughbred Racing**  
July 4-5, 7 p.m., at Manitoa Downs. Live horse racing in true sporting style.

**Hands of Light Workshop**

**Free lecture July 4, 7 p.m. to 9 p.m.; workshop July 5, 10 a.m. to 4 p.m. and workshop July 6, 9:30 a.m. to 4:30 p.m.** at All Saints Anglican Church Hall, 301 Lorne Ave. Sponsored by the Professional Institute of Massage Therapy. Featuring International speaker and teacher Laurie Kauranen about the hands-on healing system that works with an individual's energy consciousness system to create physical, emotional, mental and spiritual health. Register at [www.saskatoon.blogspot.ca](http://www.saskatoon.blogspot.ca).

**Tractor Pulls**  
July 4-5 at Saskatoon International Raceway. Admission at the gate.

## VINTAGE & ARTISAN MARKET New Location

July 5, 9 a.m. to 6 p.m., at 410 33rd St. W. 3rd Street Vintage & Artisan Market is opening in its new location. The market will be open Wednesdays to Sundays.

**Shen Landing Market**  
Saturdays until Oct. 4, 8 a.m. to 2 p.m., at 130 Somerset. Way Saturday markets alongside the Farmers' Market. A wide variety of art, imports, home furnishings, fashion and decor.

**Live at Lunch 2014**  
July 5, 12, 19, 26, Aug. 16, 23, 30 a.m. to 1:30 p.m., at the Victoria School Little Stone Stage. Live local music on-site on Broadway Ave.

# EVENTS

## Street Meet 2

July 4-6 in Saskatoon. A three-day summer festival celebrating street art, public and graffiti art. Featuring artists Roadworth, Desfermades, Indian, Smith, and Leann Hale. With a keynote address, workshops, Black Alley Artz, panel discussions and tours of feature street artworks. Visit [streetmeetsaskatoon.com](http://streetmeetsaskatoon.com), [skawtothru.com](http://skawtothru.com) or [freelifeandart.com](http://freelifeandart.com).

## Dirty Donkey Mud Run

July 5, 9 a.m. to 6 p.m., at Blackfoot Provincial Park. A charitable 5k course race with mud mixed in. Participate solo or as a team, contest for best costume, free music, and an after-party fund-raiser will support United Way. Tickets and information at [dirtydonkeyrun.com](http://dirtydonkeyrun.com).

## Black Alley Artz

July 5, 7 p.m. at the corner of 4th and 10th St. W. Partnering with Street Meet in Riversdale. Includes dance, performance art, circus arts, spoken word and theatre at various locations. Featuring Free Flow Dance Theatre, Circus of Life, Desert Bear to Belly Dance, Daniel Roth, Chrysalis Theatre, Zelle Behaviour and Mike Martin Dance. Admission is free. Donations will support Free Flow Dance Theatre Company.

## Irish Dakota Dunes Open

July 6 at Dakota Dunes Golf Links. Presented by SaskTel. Watch professional golf up close. Tickets at [dakedunesopen.com](http://dakedunesopen.com) or at the gate.

## Pets in the Park

July 6, 9 a.m. to 4 p.m., at Elworthy Memorial Park. Bring leashed pets to the park for the day. Live music, donated donations, a walkathon, feed, pet treats, doggie pools and a silent auction. Raising funds for the Saskatoon SPCA and SPCA's Street Cat Welfare Program. Visit [petsinthepark.ca](http://petsinthepark.ca).

## Open House and Garden Concert

July 6, 1 p.m. to 4 p.m., at the Main Residence, 326 18th St. E. Tours of the house and live music in the garden.

## Saskatoon Yellow Jackets Home Game

July 7, 7 p.m., at Centre Hall, 1202 Ave. P. Playing against the Swift Current Indians. Visit [saskatoonyellowjackets.com](http://saskatoonyellowjackets.com).

## Second Annual Doc Tika Super 8 Event

July 8, 7 p.m., at The Royal Theatre, 320 20th St. W. A unique filmmaking experience. Each filmmaker was given a single roll of Super 8 film, which they return for processing with no editing, cutting or splicing. Admission is free.



Carth of the action at PGA Canadian (Dakota Dunes Open). PHOTOGRAPH BY MICHELLE BREG

## # THEATRE

### Theatre in the Park: The Pied Piper

July 4-23 in Saskatoon parks. Presented by Sam Theatre. Animated adaptation of the famous folk tale. Admission is free. Schedule at [sasktheatre.com/theatre-in-the-park](http://sasktheatre.com/theatre-in-the-park).

### Hills of Wend

July 4-27 at Station Arts Centre, 701 Railway Ave. Residents. Take a peek over the fence at an ordinary family on one extraordinary day. Sam and Hills are about to be intimate becoming empty residents when their grown-up children return unexpectedly for an extended stay. Tickets at 306-232-5333.

### HMS Pinaflore or Alan, Who Loved a Sailor

Until July 3 at Bessie Arts Centre, 84 Gilbert and Sullivan. A classic opera during the reign of Queen Victoria in England. Presented by Saskatoon Summer Players. The opera focuses on love between members of different social classes. Tickets at 306-385-7721, [sasktheatre.com](http://sasktheatre.com).

Event listings are a free community service offered by Rogers. Listings will be posted 7 days in advance.



SEE THE FUTURE CIS & JR STARS TODAY!



July 6-12<sup>th</sup> at the  
**University of Saskatchewan  
Griffiths Stadium @  
PotashCorp Park**  
watch the top under - 18 football  
players from across  
Canada.

**Jersey Day!**



All youth wearing a jersey  
will receive **free entry**  
on July 6<sup>th</sup> at 1pm to see  
Team Saskatchewan.



For full schedule & details please visit:

[www.footballcanada.com](http://www.footballcanada.com) or like us on



